

Friday, September 14, 2018
Meeting Time from 9:00 to 12:00
Pardee, Delaware



A Community of Trainers and Aspiring Trainers

BALANCED LIFE IN THE BUSINESS WORLD

This fun and interactive training is designed to assist busy professionals gain healthier habits and take care of their bodies while taking care of their careers!

How often do we neglect our health during the hustle and bustle of LIFE? This training will help you get back in alignment with the things that are truly important in leading a healthier, more productive and happier lifestyle!

We will discuss:

1. Creating healthier eating habits
2. Quick exercises you can do from your desk
3. Self-care techniques for professionals

ABOUT THE PRESENTER

Veronique Link, CNP, COMP is the CEO and Master Trainer of The Link Institute for Social & Economic Change, an organization structured as a hybrid in order to maximize the needs of its extremely diverse clientele.

She specializes in Change Management Strategies and is a Certified Nonprofit Professional and Certified Organizational Management Professional with over 15 years' experience. Her clients have described her as "a knowledgeable, out of the box thinker who creates results."

Veronique is a self-proclaimed "Healthy Eating NUT!" And thrives on providing proven strategies to assist in creating a balanced lifestyle for professionals who are looking to build a profitable business that will allow them to work S.M.A.R.T.E.R. not harder and create the lifestyle they desire.

Kevin McBride is a Training Administrator with DHSS Division of Management Services.